

Meals	Menu Items
BREAKFAST	<b>1 Biocare Shake</b> <b>1 DD Breakfast</b> 1 Fruit serving
AM SNACK	<b>1 DD Fiber Drink</b> <b>1 DD Bar or Snack</b>
LUNCH	<b>1 DD Lunch or Soup</b> 3 Protein servings; 1 Fat serving; 1 ½ Vegetable servings
PM SNACK	<b>1 Biocare Shake</b>
DINNER	3 Protein servings; 1 Fat serving; 1 ½ Vegetable servings; ½ Starch serving
EVENING SNACK	<b>1 DD Dessert</b> 1 Fat serving

TYPICAL DAILY TOTALS	Calories	Protein (39%)	Carbs (35%)	Fat (26%)
	1300	141g	105g	42g

**Important Notes:** If you have a medical condition, please consult with your doctor before following this meal plan.

\* For a 1500 calorie plan add 1 carbohydrate serving, 2 protein servings, 1 vegetable serving

\* For a 1700 calorie plan add 2 fat servings, 4 protein servings, 1.5 vegetable servings, 1 carbohydrate serving

## Meal Plan Instructions

- Do not skip meals! Be sure to eat ALL of the Diet Direct Meals and Grocery Foods listed on your plan. This ensures that you get a robust nutritional intake to support lean muscle mass and curb your hunger.
- Use the Product Selection List to organize and plan your Diet Direct meals.
- Use the Grocery Food Selection List as a guide for all other meals on your plan. Bring it with you on shopping trips!
- Hydrate! Drink at least 8 cups of water a day.
- Expect to NOT be perfect. Unplanned eating, lapses, real life - it happens to everyone.
- DD = Diet Direct

## Example Day - 1300 Calories

1 CHOCOLATE BIOCARE SHAKE, 1 DD MAPLE BROWN SUGAR OATMEAL, 1 4oz BANANA	BREAKFAST
1 DD VERY BERRY FIBER DRINK, 1 DD CINNAMON MEAL REPLACEMENT BAR	SNACK
1 DD TOMATO SOUP, 2 TBSP REDUCED FAT SOUR CREAM, 3oz SALMON, 1 ½c RAW SPINACH, DRY HERBS, BLACK PEPPER, RED WINE VINEGAR, CAPERS	LUNCH
1 CHOCOLATE BIOCARE SHAKE	SNACK
3oz SIRLOIN, 1 REDUCED CALORIE SLICED BREAD, 1 TSP FULL FAT BUTTER, ¾c COOKED PEPPERS	DINNER
1 DD DOUBLE CHOCOLATE CAKE, 6 ALMONDS	DESSERT